

The Way



SAINT BRIGID
— PARISH —

ENCOUNTER • LOVE • SERVE • JESUS • ONE ANOTHER • THE WORLD

FOURTH SUNDAY OF ADVENT • WEEK OF DECEMBER 19, 2021

saintbrigidparish.org 4735 Cass Street San Diego, CA 92109 858.483.3030

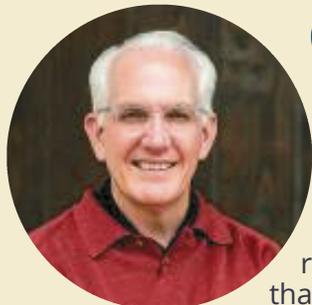
MASS: SATURDAY 5:30 pm, SUNDAY 7:30 am, 9 am (also livestreamed), 11 am, and 5:30 pm
DAILY 7:30 am (Monday–Saturday)

RECONCILIATION: SATURDAYS 4–5 pm and by appointment



@SaintBrigidSD

WELCOME! We are so glad that you are here with us! At Saint Brigid Parish, we join together in community to encounter and love Jesus and one another, so we can go out and be disciples who serve the world. Come be a part of the mission with us! Whether you're a long-time parishioner, visitor, church shopper, or making your way back to practicing your faith, there is always a place for you here. We hope that by gathering to pray, grow, and love, we all can learn to live like Jesus and become who we are called to be. Follow along with the Mass on pages 8 and 9.



CLERGY CORNER Deacon Chris Hulburt

THE GOOD NEWS ABOUT MARRIAGE

My wife and I were meeting in our home with an engaged couple as part of the parish's Witness to Love mentoring process when the bride-to-be expressed concern that "50% of all marriages end in divorce." Her fiancé felt the same anxiety, adding, "I think it's more like 60% now." We could feel the weight of it in the room. Could it be that their chance of enjoying marriage for life is no more likely than a coin flip?

They were initially surprised, but soon uplifted, when I responded, "That's a lie, and has always been a lie. The divorce rate is not 50% and never has been. Moreover, the divorce rate is not increasing. It has been steadily decreasing for the last 40 years."

According to census data compiled by the CDC National Center for Health Statistics, the American Community Survey, and numerous other sources, the divorce rate in America reached an all-time high in 1979 at 22.6 divorces per 1000 marriages. Since that peak at the end of the "sexual revolution," the rate has declined each year to 14.9 divorces per 1000 marriages in 2019. The reality is—and has always been—that most marriages survive and most married people (75-80%) are still living in their first marriages.

This is truly good news about marriage that we must share because the world is perpetuating a destructive and discouraging lie. The false belief in a divorce rate as high as 50-60% is a particular kind of evil that has seeped into our cultural consciousness with at least two pernicious consequences: (1) it discourages people from getting married because of the fear, or even expectation, of failure; and (2) it discourages married couples from staying together when marriage gets difficult, because they don't know that almost all marriages encounter—and survive—great challenges.

And here's even better news. Going to church together as a couple reduces the divorce rate as much as 50%. "Couples who go to church or other religious services together on a regular basis have the lowest divorce rate of any group studied, regardless of other factors." Feldhahn, *The Good News About Marriage* (Multnomah 2014) p.72-74.

There is no denying that marriage can be difficult—any lifelong commitment is difficult and every close relationship will face challenges. But most often, it is by working through those challenges together, lovingly and patiently, that we are strengthened and renewed. This is the secret to a long marriage—perseverance in love through the challenges. Every long-term marriage has learned this, and this is truly good news. Where else can we find the strength to face life if not in the work of a life-long commitment to love?

WEEKLY REFLECTION CARRY GOD'S WORD AND THESE INTENTIONS WITH YOU THIS WEEK

Sunday	Luke 1:39-45	St. Darius	MASS INTENTIONS
Monday	Luke 1:26-38	St. Dominic of Silos	Francesca Garcia and Greg Kellerman
Tuesday	Luke 1:39-45	St. John Vincent	George D. Frances †
Wednesday	Luke 1:46-56	St. Chaeromon	
Thursday	Luke 1:57-66	St. John of Kanty	Rosemary Kellerman †
Friday	Luke 1:67-79	St. Adele	Luis Martinez †
Saturday	John 1:1-18	The Nativity of the Lord (Christmas)	

† Indicates Deceased

How can we pray for you?

You are welcome to submit any personal prayer requests at saintbrigidparish.org/prayer-request.

ADVENT SEASON—LOVE!



"God so loved the world that he sent his only Son" John 3:16

As we light the last violet candle on the Advent wreath, we are invited to experience the love of Christ, as well as to share that gift with others. It is love that brings Jesus into our world and it is love that transforms our being. Advent has prepared us for the coming of Christ, and this last week brings it all together. And it is because of that love that we are called to love one another, Jesus, and the world! Happy Fourth Week of Advent!

Advent resources: saintbrigidparish.org/advent.

Share a picture of your Advent wreath with us! Tag us on Instagram @saintbrigidsd, or email us a photo to communications@saintbrigidparish.org.

ANGELS & SHEPHERDS SIGN-UPS
Sunday, December 19
10 am, Ocean Room



The angels and shepherds procession is a long-standing Christmas tradition at Saint Brigid Parish! Children ages 3 and up process around the inside of the church before the start of the 4 pm Christmas Eve Mass.

Sign-ups and costume reservations will be in the Ocean Room after the Sunday, December 19, 9 am Mass. If your children can not sign up that day and would like to participate, email Gayle Heyman, gayle@saintbrigidparish.org

CHRISTMAS MASS TIMES

*Come Celebrate Christmas
with Us!*



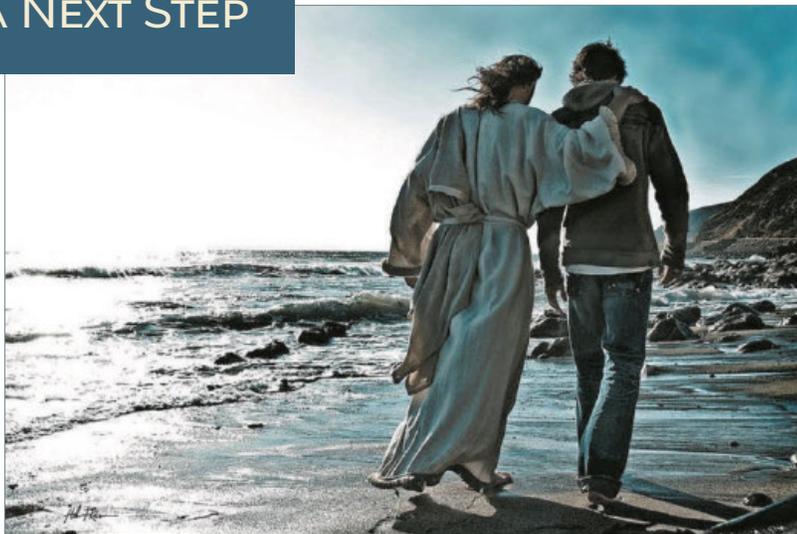
CHRISTMAS EVE
4 (also livestreamed), 7, and 10 pm

CHRISTMAS DAY
9 and 11 am

THE WAY OF A DISCIPLE

WALKING WITH JESUS—TAKE A NEXT STEP

At Saint Brigid Parish, we want to meet you right where you are, welcome you into our parish family, and help you develop and deepen your relationship with God. Whether you are exploring faith for the first time or are a lifelong Christian—wherever you are in life—you will always have a next step you can take to help you grow as a disciple of Christ. To guide you on your discipleship path, we've developed S.T.E.P.S. to follow. We invite you to reflect on your journey in relation to the discipleship path steps below and consider where you might be called to "take a step" to enrich your faith and make an impact on the lives of others.



- **Serve**—Spend time serving in one or more of our ministries (within the parish) or mission efforts (in the community and beyond).
- **Tithe**—Examine your current giving habits and consider increasing the percent of income you contribute to our Sunday Offering and other charitable organizations.
- **Engage**—Participate in a Connection to Christ small group and other opportunities for fellowship and growing in faith.
- **Practice**—Spend time in personal and communal prayer and receive the Sacraments frequently by attending Mass and Reconciliation.
- **Share**—Share your faith by investing in and inviting others.

We would love to help you take your next step today!

Contact: Maryanne Russell, maryanne@saintbrigidparish.org

S.T.E.P.S.

S—Serve in Ministry or Mission

T—Tithe or Give

E—Engage in Small Groups

P—Practice Prayer and Sacraments

S—Share Your Faith with Others

ONGOING WAYS TO ENCOUNTER, LOVE, AND SERVE

PRAYER

Adoration, nightWATCH, Centering Prayer, Healing Prayer
saintbrigidparish.org/pray

CARE AND SUPPORT

Homebound, Bereavement, Mental Health, 12-Step Recovery, Divorce Support
saintbrigidparish.org/care-and-support

COMMUNITIES

Youth, Young Adults, Families, Adults, Active 60s+, Seniors, Knights of Columbus
saintbrigidparish.org/communities

SERVE

Neighbors in Need, Liturgical Ministry, Music Ministry, Hospitality, Faith Formation, Food Distribution
saintbrigidparish.org/serve

 Looking for more? Find details about parish groups for all interests and seasons of life at saintbrigidparish.org.

TOGETHER WE CAN MAKE AN IMPACT!

Our mission to make disciples who encounter, love, and serve Jesus, one another, and the world is carried out through your stewardship! In addition to sharing your time and talent, your consistent and generous contributions to the Sunday offering increase our financial resources so together we can make an even greater impact for God's Kingdom! There is no better investment in the world than the local parish. It is where people meet Jesus and lives are changed!

As the calendar year draws to a close, we invite you to reflect on how God is calling you to live out your discipleship in the coming year. How have you been blessed? What unique gifts, talents, passions, and financial resources has the Lord given you and how they can be used to carry out the mission that Jesus has entrusted to us?



“FOUR P’S” TO FINANCIAL GIVING

- **Prayerful**—All that I have (time, talents, job, income) is a gift from God and not something I earned myself. Do I express my gratitude by generously sharing the first-fruits of those gifts? Do I ask God how I should use my time, talents, and financial resources?
- **Planned**—Do I thoughtfully plan how much time and money I am going to contribute to the mission of my parish?
- **Proportionate**—Do I give according to my means? Is the amount that I give truly sacrificial or am I giving from my surplus?
- **Progressive**—What percent of my time and income am I giving now? Can I take a step to increase it? Is God asking me to grow in trust and generosity in this area of my life?

SAN DIEGO CATHOLIC ADULT COMMUNITY

The San Diego Catholic Adult Community (CAC) is a partnership between Saint Brigid Parish and several local parishes which provides activities and a social network for single, married, divorced, and widowed adults. Contact Nancy Wesseln at 858.847.0724 or nancy@sandiegocac.org to get connected today!

EPIPHANY PARTY January 8, 7–10 pm Hilton Garden Inn Del Mar

Calling adults of all ages. Join us for an evening where our whole ministry celebrates together! Early pricing tickets are \$35 until January 6.

Visit sandiegocac.org for more information about all our upcoming events.



CELEBRATING OUR COMMUNITY!

CELEBRATING THE SACRAMENT OF BAPTISM

We pray for and welcome to the Catholic faith all who were baptized August–December 2021. Congratulations!

Rosalie Alessandra Villaseñor
 Benjamin Matteo Villaseñor
 Declan Findan Daley
 Sofia Elena Kreger
 Jordan Jeffrey Ortinau
 Kade Saroeun Moser
 Henry Joseph Vint
 Wes Raymond Veltz
 Parker Jean Koropecy
 Gianna Lucia Faraudo
 Daisy Grace Eales
 Ari'yah Lupita Hulburt
 Allen Maxwell De la Cruz
 Calvin Gregory Kainoa Villanueva



Infant Baptism
 Orientation
 January 11, 2022
 6–7 pm, via Zoom



Scan to
 register

Contact: Lee Hulburt lee@saintbrigidparish.org

SACRAMENTS AND FORMATION

SACRAMENTS OF INITIATION



BAPTISM

Infants: Parents & Godparents attend orientation. Information: saintbrigidparish.org/baptism. Adults: prepare in RCIA lee@saintbrigidparish.org



FIRST COMMUNION

Children: 2-year process (starting grade 1) gayle@saintbrigidparish.org
 Adults: prepare in RCIA lee@saintbrigidparish.org



CONFIRMATION

Teens: 2-year process (starting grade 9) kayla@saintbrigidparish.org
 Adults: prepare in RCIA lee@saintbrigidparish.org

SACRAMENTS OF HEALING



RECONCILIATION

Saturdays 4–5 pm or by appointment. Preparation: Children, 2-year process (starting grade 1) gayle@saintbrigidparish.org
 Adults, prepare in RCIA lee@saintbrigidparish.org



ANOINTING OF THE SICK

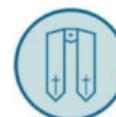
To Inquire about or request this sacrament, please call the parish office. 858.483.3030

SACRAMENTS OF VOCATION



MATRIMONY

9-month accompaniment process. saintbrigidparish.org/marriage weddings@saintbrigidparish.org



HOLY ORDERS

Schedule a time to chat with one of our clergy, or check out our website. saintbrigidparish.org/holy-orders

SAINT BRIGID PARISH CONTACTS

CLERGY



Father Steve Callahan
Pastor

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Father Sebastian Bukenya
Associate Pastor

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Deacon Chris Hulburt

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Deacon Patrick McCay

deaconpatrick@saintbrigidparish.org

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Connection to Christ and Evangelization

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Mary Lucena
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Katie Cavallo
Sunday 7:30 am

kcavallomusic@gmail.com



Noreen Domingo
Receptionist and Parishioner Engagement

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John Jay Owens
Grounds

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Tim Foley
Saturday Vigil 5:30 pm

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Greg Espinoza
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Maryanne Russell
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Julie Misleh
Parish Coordinator of Liturgical Music

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Business Manager

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Lauren Swain
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Gayle Heyman
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Nancy Wesseln
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Patrick Villa
Sunday Evening Mass

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Lee Hulburt
Baptism, Becoming Catholic, Funerals

lee@saintbrigidparish.org



Kayla Johnson
Youth Coordinator and Communications Assistant

kayla@saintbrigidparish.org

WE'D LOVE TO GET TO KNOW YOU!

Consider joining our parish family! We would love to help you get connected and support you on your journey. If you would like to become a member, scan the QR Code, or visit saintbrigidparish.org/membership.



Safe in Our Diocese—The Diocese is doing everything in its power to prevent the sexual abuse of minors and vulnerable adults by priests and other diocesan staff. Report Sexual Abuse at 858.490.8353 or visit safeinourdiocese.org/ for more information.

THE MASS We gather together to pray and celebrate Jesus' sacrifice and love for us. We invite you to join us in prayer. These pages will take you through the Mass, whether you are new to our community, our Faith, or want to participate more fully. The italicized sections explain posture, plain text is the priest's or leader's part, and bold text denotes our response as the gathered Body of Christ.

THE LITURGY OF THE WORD

During this part of the Mass, we hear God's Word proclaimed. We listen to preaching, which makes Scripture come alive again today, and we express our Catholic faith.

INTRODUCTORY RITE

Please stand for the entrance and opening hymn.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The grace of our Lord...be with you all.

And with your spirit.

PENITENTIAL RITE

Brothers and sisters...celebrate the sacred mysteries I confess to almighty God, and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask the blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Repeat after the priest:

Lord Have Mercy. Christ have mercy. Lord Have Mercy.

OR Kyrie, eleison. Christe, eleison. Kyrie, eleison.

GLORIA

Glory to God in the highest, and on earth peace to people of good will. We praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, You take away the sins of the world, have mercy on us; You take away the sins of the world, receive our prayer; You are seated at the right hand of the Father, have mercy on us. For You alone are the Holy One, You alone are the Lord, You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

READINGS FROM SCRIPTURE (see page 9)

Please sit to receive the Word of God.

First Reading...The word of the Lord.

Thanks be to God.

Responsorial Psalm: * Lord, make us turn to you; let us see Your face and we shall be saved.

Second Reading...The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Please stand to receive the Gospel.

Alleluia!

GOSPEL

A reading from the holy Gospel according to ...

Glory to You, O Lord.

...The word of the Lord.

Praise to you, Lord Jesus Christ.

HOMILY

Please sit as we listen to a reflection from the clergy.

PROFESSION OF FAITH

Please stand as we proclaim the creed together.

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, *and by the Holy Spirit was incarnate of the Virgin Mary, and became man. *(*please bow during this profession*) For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

UNIVERSAL PRAYER

Please stand as we pray for our community, united with the entire Body of Christ.

After each intention, repeat the response said by the reader.

Cover Photo: On the Fourth Sunday of Advent we light the last violet candle which symbolizes love.

THE LITURGY OF THE EUCHARIST

In this part of the Mass, we re-experience Jesus' sacrifice. We acknowledge that He is present in the consecrated Bread and Wine—Communion. We pray together and take what we have received in Mass home and into the world.

THE OFFERTORY

As we bring up the bread and wine, we also offer our prayers, gifts, and even ourselves to be placed before God and be transformed.

PREPARATION OF THE GIFTS

Blessed are You, Lord... the bread of life.

Blessed be God forever.

Blessed are You, Lord... become our spiritual drink.

Blessed be God forever.

Pray...to God, the almighty Father.

Please stand and reply:

May the Lord accept the sacrifice at your hands for the praise and glory of His name, for our good and the good of all His holy Church.

EUCCHARISTIC PRAYER

The Lord be with you. **And with your spirit.**

Lift up your hearts. We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

HOLY, HOLY, HOLY

Holy, Holy, Holy, Lord, God of hosts. Heaven and earth are full of Your glory. Hosanna in the highest.

Blessed is He who comes in the name of the Lord.

Hosanna in the highest.

Please kneel in reverence for Christ coming in His Eucharist.

...The mystery of faith.

We proclaim Your Death, O Lord, and profess Your Resurrection until You come again.

OR When we eat this Bread and drink this Cup, we proclaim Your Death, O Lord, until You come again.

OR Save us, Savior of the world, for by Your Cross and Resurrection, You have set us free.

THE GREAT AMEN

Amen.

COMMUNION RITE

Please stand as we pray together.

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Deliver us, Lord ... Jesus Christ.

For the kingdom, the power and the glory are Yours now and forever.

THE SIGN OF PEACE

The peace of the Lord be with you always.

And with your spirit.

Let us offer each other the sign of peace.

At this time we usually exchange a sign of sharing God's peace by offering a handshake, hug, or similar gesture with those around us. However during these days of COVID protocols, please offer a wave or a nod of the head or other socially-distant expression of peace.

LAMB OF GOD

Lamb of God, You take away the sins of the world, have mercy on us. 2x

Lamb of God, You take away the sins of the world, grant us peace.

Please kneel as we prepare to receive the Body of Christ.

Behold the Lamb of God...the supper of the Lamb.

Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.

COMMUNION

Christ's Body and Blood are truly, fully present as He offers Himself to us in Communion. Catholics prepared to receive the Eucharist approach the minister as the ushers guide you. Non-Catholics or those choosing to abstain from Communion are welcome to come forward for a blessing (please indicate this by crossing your arms over your chest) or may remain in the pews to pray.

CONCLUDING BLESSING

The Lord be with you. **And with your spirit.**

May almighty God bless you, the Father, and the Son, and the Holy Spirit. **Amen.**

Go in peace. **Thanks be to God.**

*The Responsorial Psalm may vary.

This Sunday's Readings

First Reading Micah 5:1-4

Psalm Psalm 80:2-3,15-16,18-19

Second Reading Hebrews 10:5-10

Gospel Luke 1:39-45



For weekly readings, visit saintbrigidparish.org/weekly-readings

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Saint Brigid Parish, San Diego, CA

A 4C 05-1075

OPPORTUNITIES FOR FAITH, FELLOWSHIP, AND SERVICE



SUNDAY,
DECEMBER 19
10 am

Angels and Shepherds Procession Sign-Ups
Ocean Room
Sign ups/costume reservations will be in the Ocean Room after the Sunday, Dec. 19, 9 am Mass. If your children can't sign-up that day and would like to participate, please email Gayle, gayle@saintbrigidparish.org to reserve a costume, or for more information.

Monday
December 20
6-7 pm

Centering Prayer
John Paul II Room
Are you seeking a way to be healed, to find peace? Centering Prayer—called the prayer of quiet or resting in God—may be for you. It is designed to reduce the obstacles to an intimate personal relationship with God, and to promote personal healing and spiritual growth. Contact: Brian Curry, brian.curry77@gmail.com

WEDNESDAY
DECEMBER 22
7-9 pm

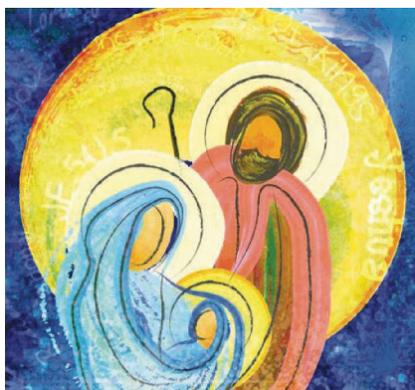
Young Adult Bible Study
Ministry Center
Young Adults (single, engaged, or married in their 20s and 30s) are invited to join us as we read and discuss the upcoming Sunday readings. Contact: Scott and Jacqueline Weeman, 858.775.9722 or youngadults@saintbrigidparish.org

Friday
December 24
4, 7, 10 pm

The Nativity of the Lord (Christmas Mass)
Church
Come celebrate Christmas with us! The 4 pm Mass will be livestreamed as well.

Saturday
December 25
9, 11 am

Christmas Day Mass
Church
Merry Christmas!



RECURRING EVENTS

Sunday

Healing Prayer Time (1st)
10-11 am John Paul II Room

Monday

Catholic in Recovery Men's Group
7 pm Bride's Room
Neighbors in Need (2nd and 4th)
6 pm Parish Hall
Shifts begin at 3:30 pm
Centering Prayer JP II Room, 6-7 pm

Tuesday

Catholic Charities Food Distribution
9:30 am-12:30 pm
Centering Prayer
4-5 pm (virtual)

Wednesday

Centering Prayer
4-5 pm (virtual)
Senior Wednesdays
11:30-4 pm Bay Room
Young Adults Bible Study
7-9 pm Ministry Center

Thursday

Eucharistic Adoration
No Adoration this week
C2C Spanish Group
10 am-12 pm Bay Room

Friday

Friday Morning Walks
9:30-11 am
nightWATCH
(3rd Fridays) 7-8:30 pm

Saturday

Reconciliation
4-5 pm

Scan for
Parish
Calendar



Your generosity helps us continue our mission to encounter, love, and serve Jesus, one another, and the world. You may easily give online by scanning the QR code, visiting saintbrigidparish.org/e-giving, or texting LoveOneAnother to 800.950.9952.